

Pete's Plan

Monday - Speed intervals; 3 weekly rotations between:

8 x 500m, 3:30 rest

4 x 1k, 5min rest

250/500/750/1k/750/500/250 pyramid (1:30 rest per 250m after interval)

Tuesday - Steady distance (8 to 15k)

Wednesday - Steady distance (8 to 15k)

Thursday - Distance intervals; 3 weekly rotations between:

5 x 1500m, 5min rest

4 x 2k, 5min rest

3k/2.5k/2k, 5min rest

Friday - Steady distance (8 to 15k)

Saturday - Hard 10k

First time on any interval session, pick a pace you are sure you can achieve. Then do all but the last rep at that pace. Do the last rep as fast as you can. Then average the pace over all the reps. Next time you do that session do all but the last rep at the average pace you did last time, and again the last rep as fast as possible. Repeat.

This way it takes a few weeks to get up to the standard you can really row at, but you should never fail to finish a session as until the last rep you're only going at a pace you went at last time, and the last time you did that session was 3 weeks ago, so you're fitter now.

For the steady distance pieces, that doesn't mean easy, but judge the pace, and in some ways the distance, or how you feel that day as to whether it needs to be hard to easier. Aim for those 3 sessions for an average distance of 10k or just over (e.g. an 8k, a 10k and a 15k).